



Title: Hiking

Objectives:

- Discover and experience the pleasure of hiking;
- Explore a park or a forest that is nearby;
- Overcome the intended route of the hiker.
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Equipment: hike route on paper, hula hoop, pedometer or mobile phone, natural material.

Process:

Stage 1: Make a plan from the route of a nearby park or forest where the pupils will hike.

Recommended hiking route: preschoolers - 4 km route (1,5hrs), schoolchildren - 5 km (2hrs).

Stage 2: Plan 2-3 stops, when the children can rest and perform tasks that do not require physical effort: 1 stop – create a mandala from natural material; 2 stop – play a game "pass through the hula hoop" – the children stand in a circle and hold hands. The hula hoop is hanging on the hands. The children have to get through the hoop and manage to still hold hands. The first player with the hula hoop puts his hand up and slips through the hula hoop without letting go of the hands. Later the hula hoop is passed to the other player.

Stage 3: Children hike with their pedometers and look up how many steps they have made during the hike and compare with the number of steps they make on a regular day.